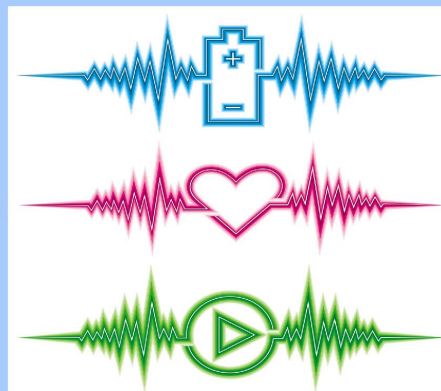


# FREE Classes for You!

*re:* charge

*re:*juvenate

*re:* engage



## May Schedule

Tuesdays, May 5 - June 9

### **Powerful Tools for Caregivers**

Department of Elder Affairs  
6 Week Session: 1:00 - 3:30 each week  
Hoover Building, Level A  
**Registration Required**  
(Contact PDS at 515-281-5456)

Wednesday, May 6

### **Surviving & Thriving: Family Caregiving**

Department of Elder Affairs  
11:30 - 12:30  
Wallace Auditorium

Wednesday, May 13

### **Generational Differences**

Rita Rizzo of Rizzo & Associates  
8:30 - 12:30  
Hoover Building, Level A, Conf Rm 5

Thursday, May 14

### **My Plan After 50<sup>®</sup>**

Wisdom Worker Solutions  
11:00 - 12:30  
Wallace Auditorium

Wednesday, May 20

### **So Far Away: Long Distance Caregiving**

Department of Elder Affairs  
11:30 - 12:30  
Wallace Auditorium

Thursday, May 21

### **How to Get Along in Cubicle Land**

Carol Tripp of Merit Resources  
11:00 - 12:00  
Hoover Building, 3rd Floor, Room 329 & 330  
**Registration Required**  
(Contact PDS at 515-281-5456)

### Plus Many More May Sessions

- \* **Identity Theft**
- \* **1st Time Home Buyers**
- \* **Change Your Oil! - Healthy Eating**
- \* **Be Healthy, Fit & Happy Eating Out**

***Registration not required  
except where noted***



Questions or More Information?  
Check out or [website](http://learnatpds.iowa.gov) for more information

**<http://learnatpds.iowa.gov>**

or contact PDS at:  
(515) 281-6383 Email: [pds@iowa.gov](mailto:pds@iowa.gov)

